



# Work Ergonomics — Standing

## Posture — Standing

Good balance is the primary goal.

### DON'T

- Wear high-heeled, hard-heeled or platform shoes for long periods of time.
- Stand in one position for too long.
- Stand with knees locked, stomach muscles relaxed and swayed back.
- Stand bent forward at the waist or neck with your work in a low position.

### DO

- Elevate or incline the work surface for precision work.
- Put one foot up and change positions often when standing for long periods of time.
- Keep work at a comfortable height.
- Change positions frequently.
- Stand on a cushioned mat.



## Work Height



Light/Precision



Regular



Heavy